

BRIDGES

READ MY BOOK:

Explore aboriginal culture and storytelling in *Strange Bernecko* **P. 2**

SHARP EATS:

How to feed your family local organic produce with minimal effort **P. 8**

WINE WORLD:

Adding bubbles makes any occasion one to celebrate **P. 19**

WEDNESDAY, APRIL 22, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

EXCELLENCE UNMATCHED

CLAUDE AND LYNN SEGUIN
HAVE THRUST FENCING
INTO THE SPOTLIGHT **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

ARNOLD JAMES ISBISTER

Fireside tales put down on paper in Strange Bannock



Arnold James Isbister

I am Peter Nabane, an author and a travel writer. In this book, I print you another world I hope you will enjoy and remember.

Storytelling and bannock are staples in our cultural diet that haven't changed much over the generations. We think of bannock as subtle, never changing and kind of boring. But, what if we added some foreign ingredients like racism, gorilla or cannibalism?

That's the idea behind this book. The old with the new in a culture evolving as it grows yet keeping the past. I present a model for the reader to see what we see, feel, our history and maybe share a laugh or some tears.

Stories are like old bannock, real

ties, trusted and true. Then there are the new ones carefully revised to be shared and told. By accident or intention we drastically change the ingredients and taste. On this creative journey the writer and I offer a taste of the bannock along with the new — and the strange.

The stories in this book are a compilation, a wide composite of tales, history and fact carefully told around a wood burning stove or around a fire on the trapping line. They don't have reason or science in the order they are told but have similarity in the diagnostic recipe of racism, dialogue and education. The stories are mixed in genre offering a slice of our life to learn and reflect upon. They are bound together by the art of the ra-

ture storyteller — a shaman of words who weaves bannock and fact.

All are connected to the plains tribes who have for generations passed on their knowledge, education and history through the ancient art of storytelling. Accompanying these stories are traditional paintings with horrific scenes, timeless romantic tales, and dark or silly anecdotes you will remember with a smile. There is a story for everyone, young and old. An old friend or things once told me, "Time changes, but not bannock." Bannock does change as the stories with show, some are even strange.

This book is available at Nicoll's Bookstore in Saskatoon, Jany's Books and Cafe.



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ON THE COVER PG. 4



As you may know for hockey and football, Coach Seguin has to lead through forcing clubs across. Star Phoenixes and his students have reached the sport's top level. INDEXES PHOTO BY RICHARD MAJIAN

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David Major is preparing for the 20th garden season. Major operates the Chain Reaction Urban Farm on several different garden plots in Saskatoon. BRIDGES PHOTO BY GORD HALLMAN

BRIDGES COVER PHOTO BY RICHARD MAJIAN

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ON THE COVER

Claude... created fencing in Saskatchewan. He's helped it to flourish and he's helped it to grow. —Shannon Cornerford

CLAUDE AND LYNN SEGUIN

Saskatchewan's first family of fencing



Fencers Claude Guilford and Shannon Cornerford, who train under Claude and Lynn Seguin in Saskatoon, are heading to the Pan-Am Games in Toronto in July. Photos: Photo by MICHAEL WILSON

By Sean Tremblath

In the world of fencing, one family name sits above all others in Saskatchewan.

The Seguin, and particularly their poster arch Claude, have established a legacy in the sport. Claude is the first Canadian born fencer to achieve the rank of Fencing Master, an international standard that requires very high proficiency in all three weapon classes: foil, sabre and epee.

After moving to Saskatoon in the late 1970s, Claude has encouraged a proud fencing tradition

in the province. Local fencers have competed at every level, including the Olympics.

"Claude, I mean, he has created fencing in Saskatchewan. He's helped it to flourish and he's helped it to grow," says Shannon Cornerford, who is preparing for the yearlong process of qualifying for the 2016 Rio Summer Olympics in Brazil.

"It's hard to find words to explain what he's done."

Claude's wife Lynn, a decorated athlete herself, has played role a coaching role alongside many of Claude's other protégés. His son Jean

Paré is a former world champion at the under 77 and 81 kg.

"The accomplished more than I set out to I didn't expect to accomplish this much. I've trained some great coaches and good people," Claude says.

At 66, Claude is in the process of preparing the province's clubs for his eventual retirement, whatever that looks like. He calls it his "plan of succession." He jokes that he'll die in the fencing club, but recognizes the need to pass the torch to the next generation of coaches.

"I'll just keep going, but my role is going to

be less and less," he says.

Claude was interested in fencing before he ever picked up a blade.

"I saw it on TV. The 68 world championships in Montreal. I said 'that's what I'd like to get into.' And then when the opportunity came, I did."

That opportunity came in the early '70s. He started training under an immigrant from East Germany. As he pursued a degree in physical education at Lakehead University in Thunder Bay, Ont., Claude founded two clubs, one for the university and one for the city.

It's not a passive coaching sport. You don't stand on the sidelines orchestrating what's happening on the field. The coach is as physically engaged as the athlete — Jean-Pierre Seguin

He already knew he wanted to make fencing his career, but didn't know if it was viable. After school he spent some time coaching in Winnipeg. Then a job came up in Saskatoon, coaching the provincial team for the modern Canadian fencer. Claude moved to Saskatoon in July 8, 1979. He has been here ever since.

It took a while before he was able to produce any top-level athletes. There was no real fencing tradition in the province when he arrived. As with anything else, reaching the upper echelons takes time and dedication.

"It's the old rule: 10,000 hours or 16 years. That's any sport to get any where near the top or almost get into the position to talk, so I have a shirt," Claude says.

His first truly elite fencer was Allen Francis, who competed in the 1980 Olympics in Barcelona, and then Brian, a high fencer in a few

World Cup events and member of the Canadian national team.

Meanwhile, his son Jean Pierre was rising through the ranks.

"There was his hero," Claude says. In 2002, Jean Pierre reached the top of the world, winning the world world title in Turkey.

"I was just happy to have one of my athletes winning at 'The fact that it was my son was a little bit overwhelming. I didn't expect that," Claude says.

Kyle remembers waking up early every morning back in Saskatoon, checking the results online. When Jean Pierre finally did it, she started trying to trick them down in Turkey.

"I tried to phone them and they were already partying by the time I got hold of them. As soon as he was they were out on the town. It was huge," she says.

Continued on Page 8



Fencers practice at the Seguin Saskatoon Fencing Club. Photo by Rick W. Smith

Saskatoon's Newest Modern Age-in-Place Design Suites



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Every life-lease suite receives one, indoor parking stall in the at-grade, heated garage, with adjacent individual dry washed storage rooms. Residents enjoy free access to the numerous attractive amenity spaces.

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Call Shelley Davis at (306) 612-3338 and visit www.hydeparkview.org online for more information. You are also invited to drop by Elm Lodge (1123 Main Avenue) between 9am and 4pm to pick up a sales package.

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I was just happy to have one of my athletes winning it. The fact that it was my son was a little bit overwhelming. I didn't expect that. — Claude Seguin



Claude Seguin was inducted into the Saskatchewan Sports Hall of Fame in 2006. Photo: MICHAEL MARRAS

Juan Pierre says the victory was obviously a special moment, but played down the father-son connection.

"I'm sure for him as a coach, he always wants the best for his athletes, including myself," he says.

Coaching fencing is different than a lot of sports, Juan Pierre says. "The coach spends countless hours in the gym with the athletes often acting as the target."

"It's not a passive coaching sport. You don't stand on the sidelines understanding what's

happening on the field. The coach is as physically engaged as the athlete," Juan Pierre says.

The coach-athlete relationship is also responsible for Claude and Lynn's marriage.

Lynn began not as a fencer specifically, but as a modern pentathlete. Modern pentathlon, an Olympic event since 1900, was founded as a test of the skills necessary to be a "modern" soldier. Athletes compete in running, equestrian, shooting, equestrian and, of course, fencing.

Lynn Charrochewy was a world champion in 1963 and was named Canada's female athlete of the year. In 1961 she lived in B.C.'s lower mainland. She started coaching fencing for the local modern pentathlon club.

She was asked to coach as B.C.'s women's fencing coach, but required a higher level of coaching certification. Claude was one of the judges on the certification panel.

After her test, Claude approached to offer her coaching. She started to travel to Saskatoon and train with him.

"It was always a race welcoming club and the city was nice because it was sunny and Vancouver was always raining," she says.

In 1961, she moved here. In 2000 they were married.

Lynn is now a Fencing Master herself, and freely entertained as a coach. She hopes to one day have one of her personal people make the Olympics.

She is also a large part of Claude's nation plan for the future of the sport in the province.

I think he always considered it a huge accomplishment, not for him necessarily, but a huge accomplishment that fencing, as a sport that's relatively unknown in Canada, could survive here. — Jean-Pierre

"There has been a lot of thought as to it," he says.

While still somewhat under the radar, the sport has proliferated greatly since the days when Claude first arrived. The only two clubs were in Saskatoon and Regina. Now there are clubs in Moose Jaw, Prince Albert, Swift Current and Saskatoon.

Claude took a personal stake in all of them. He made sure every club had a coach with at least three to five years of experience.

"I can't work with every single athlete in the province, so the way to do it is educate the coaches," he says.

There's a kinship between the clubs, according to Jean-Pierre. While they compete hard, everyone is happy to see anyone from the previous succeed.

"We were just kind of all in to together and trying to support each other," he says.

Jean-Pierre has stepped away from serious competition, but that doesn't mean he has left the club. His focus is now on law school at the University of Saskatchewan. He still makes time to help out some of the up and coming training in Saskatoon.

"Like anyone who has benefited as much from an organization as a sport, it's just giving back as best as I can," he says.

"It gives you so much that it just goes back doesn't just feel wrong, the thought of it doesn't even cross my mind."

Knox jokes that Jean-Pierre may have a bigger role in the club's future than he realizes.

"Jean-Pierre doesn't know it yet, but he's going to be a coach. He's really good," she says.

Claude's contribution to the province was officially recognized in 2008 when he was inducted into the Saskatchewan Sports Hall of Fame.

"It was nice to be accepted," he says, adding that the low profile of fencing makes it a particular accomplishment. He makes sure to credit the coaches and athletes he has worked with in his success.

"I think he always considered it a huge accomplishment, not for him necessarily, but a huge accomplishment that fencing, as a sport that's relatively unknown in Canada, could



Alan Prieur of Saskatoon (right) fences with Guillaume-André of Sherwood. Claude at the Canada Winter Games in Whitehorse in 2007. CP PHOTO

survive here," Jean-Pierre says.

He takes pride in coaching athletes that are successful not only in fencing but in life. He says a large portion of his students go on to get university degrees. He looks at his coaching there to credit in fencing, he

teaches them to do the same as other sports. Not to mention how good a national championship looks on a resume, regardless of industry.

So as Claude looks toward the end of his career, his legacy is firmly entrenched. The Regals family and the

fencing tradition they have forged, with him as the athletes the post-1900 professors. Athletes like Shannon Comerford, who embrace that legacy and look like a representative of that tradition as she prepares to embark on her quest for the 2020

Olympics.

Whenever I board, I'm so proud to say I'm from Saskatchewan. Nobody knows where that is, but being a small town girl I'm so proud to say where I'm from and tell them of the experience we have here."

STARPEATS

SASKATCHEWAN FOOD SCENE

Getting local organic produce with minimal effort

By Jenn Sharp

Buying a CSA share is an affordable way to have local, organic produce all summer with minimal effort.

Becoming part of a community supported agriculture (CSA) business means you'll get fresh produce throughout the season from growers in Saskatchewan. Some even offer shares that extend during the winter months. Consumers share in the bounty but also share in the risks of farming (inclement weather can affect crop yields).

If you want to become a CSA member, you purchase a share of the anticipated 2013 harvest. Members receive orders of produce weekly or bi-weekly at central pickup locations. Some CSAs have the option of adding on eggs, meat or honey.

For those living in Regina, there are two places to buy weekly produce boxes from local growers without committing to a regular share.

The only full-season vegetable grower CSA in Saskatchewan is Pay Dirt Farm, located near Wadena. Owners David Black and Patricia Robertson follow the traditional CSA model, which supports the vegetable grower.

"This tried and true method creates a sustainable economic model," says Robertson. "This approach builds a stable local vegetable source for members."

They're also committed to food purity and food diversity. Pay Dirt Farm's open pollinated heirloom seed varieties are sourced from independent seed companies and the organically grown vegetables contain no artificial vitamins and nutrients. The couple also likes to experiment with new and unusual varieties.

Shares are considered an investment in Pay Dirt Farm.

"We pay dividends in premium heirloom organic vegetables, which are harvested the same day for our members," says Black. "A member's seasonal investment allows us to sustain the hearken organic vegetable system from year to year — and members get to enjoy super healthy vegetables."

Chloe Reichen Urban Farm is a new CSA in Saskatoon built on a wholly sustainable business model. Jared Reper will make all vegetable deliveries on his bike, which has a trailer capable of hauling milk. He's also planning on taking to each of his three garden sites in the city.



Jared Reper has started transplanting garden plants for the 2013 garden season. Reper operates the Choe Urban Farm on a small urban garden plot in Saskatoon and hopes all the produce delivered to members should help to keep you healthy.

"I'm going to be fit," he says with a chuckle of being in the garden and making the delivery. "But I'm something that we really care about getting that it's possible."

He and wife Rachel taught the Saskatchewan program, which educates Grade 10 students about the environment, at Aden Bowman Collegiate.

"We're been teaching people about growing food for a while. One day we were just talking to get out there and do it ourselves, — and share it with people."

Reper says local, sustainable food is hard to find.

"Even though we produce a ton of food in this province, most of it is grown and sent to

it's shipped away."

He also understands the time constraints on many families. Few have time to garden at the end of the day. Reper's share in his CSA allows families to keep their lifestyles the same, while supporting a sustainable farming model.

It's delivering to people's homes in Saskatoon's core neighbourhoods. All the shares are sold out for the 2013 season. He expects to get it sold for the first year, but will expand in 2014. Visit www.chloeurbanfarm.com to be put on a wait list.



Patricia Robertson, owner of Pay Dirt Farm, has some of last year's CSA produce. PHOTO COURTESY PAY DIRT FARM FARM

Jared@chloeurbanfarm.com
Reper@chloeurbanfarm.com

SHARP EATS



Grant Black is an artist of organic stone he likes to keep the natural feel between the rectangular rows at Fly Girl. He also collects various textures from nature.

SASKATCHEWAN CSA®

ETONAME ORGANICS ECOFARM: WWW.SAKKODIAGM.COM

Ralph Neri operates his organic CSA near Hudson Bay. He delivers twice monthly in the summer and once a month in the winter to Saskatoon, Regina, Moose Jaw, Yorkton and Prince Albert.

CSA shares are for the 2016-17 season beginning May 1 and are \$80 per month payable via preauthorized checks or auto debit. A full year double share is \$840 per month. Beef, chicken and eggs are also available.

PAYCHET FARM HERBLOOM CILAJ WWW.
PAYCHETFARM.CA

PayDirt Farms follows the CSA field-to-fork model, which equals no pickups per season at an east-side Sudbourn location, mid-June to mid-October.

Each member can expect to receive six share containers of organic vegetables plus a big bag of organic potatoes. A 2015 share is \$600 for the season.

Net CSAs *do* offer a way in support
Sustainable growers and get fresh local
produce

LOCAL & FRESH: WWW.
LOCALANDFRESH.CA

Local & Fresh is growing the size and sustainability of Saskatchewan's food network, by making it easier for people to eat local. Produce comes from farms and year-round greenhouses in the province and is then delivered to homes in Regina.

BODY FUEL ORGANICS, WWW.BODYFUELDELIVERYBIZ290.COM

Body Fuel offers pre-selected organic produce bins of varying sizes and prices. Produce comes from Saskatchewan as much as possible in the summer season. Deliveries are available in Regina, White City and Dauphin.



Generic scope is the growing part of the pedicel, which is attempting to flower. It appears about one month before pericarpentesis. It is cut off so the bulb continues to grow. Child's foot scopes since play in the pedicel drives out with obstacles and anything that remains some such pericarpentesis (usually the key ball) often does take.

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14-26 APR

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Written by
Jean-Rock Gaudreault
Directed by
Denis Rouleau
With
Gary Boudreault
David Granger

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EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

MUSIC

Wed., April 22

Robb Hill
Buds on Broadway,
101 Broadway Ave.

Kevin Trigger w/ Sunset Ride
Vampiro's Tavern,
554 Broadway Ave.

Iron & Robb Hillman
Peggy's Pub and Grill,
1403 Highland Dr. N.

Thurs., April 23

Whiskey on a Sunday
Crackers Restaurant & Lounge,
1-227 Alhambra Dr.

Real People
Buds on Broadway,
101 Broadway Ave.

Big Band Series: High School Big Band
The Basement,
204 Fourth Ave. N.

Gasoline w/ The Northern Light
Pied Pausage and Meat Shop
Amigos Cantina,
506 Duffin Ave.

Belladonna & The Tempos w/ Northern Elms and Nightvision
Vampiro's Tavern,
554 Broadway Ave.

Little Blue
Village Cofee & Arts,
432 20th St. W.

Fri., April 24

Penny Reign
Buds on Broadway,
101 Broadway Ave.

Plano Fritter: Shanton Corbett
Rocka Series: John Wirt House on
The Basement,
204 Fourth Ave. N.

Lucky Hawk
Amigos Cantina,
506 Duffin Ave.

The Standfords Trio
Moxley's Tavern,
3330 Eighth St. E.

Levin Dale
Fish Head/Sender Citizens' Center,
193 Fairmont Ct.

The Redskins
Ten Town Tavern,
3330 Fairmont Dr.

Mark Miller's Sexy Disco Party
Lucky Pub,
33 Campus Dr.

Pandora w/ Jesus and the Goodies w/ and Calles
Amigos Cantina,
506 Duffin Ave.

Jazz w/ Emilio Del Gento and Art One
O'Brien's Event Centre,
240 Second Ave. S.

The Whiskey Jinks w/ David Steinfeld and Chris Page
Vampiro's Tavern,
554 Broadway Ave.

The Pitchblende w/ Black Yarns
Central Music Club,
244 First Ave. N.

Sexy Disco Party: Mark Miller's
Lucky Pub,
33 Campus Dr.

IC Headband
Peggy's Pub and Grill,
1403 Highland Dr. N.

Seabiscuit's Legendary
Rhythms & Blues Revue
Somewhere Else Pub & Grill,
2005 Broadway Ave.

Sat., April 25

Penny Reign
Buds on Broadway,
101 Broadway Ave.

Plano Saturday: Neil Gurne
Jazz Traveleers Series: The
Cavaliers w/ The Three Illustrious
Trio
The Basement,
204 Fourth Ave. N.

Lucky Hawk
Amigos Cantina,
506 Duffin Ave.

Belph's Rhythm Kings
Specter-Lipton,
505 Spadina Cres. W.

Northern Light Dance Band
Nutana Legion,
3221 Louis St.

Slim Chance and the High Rollers
Moxley's Tavern,
3330 Eighth St. E.

Shooting Stars w/ B.A. John

Stonehead Black Thunder
Amigos Cantina,
506 Duffin Ave.

Non-Profit 20th Anniversary
Amigos Cantina w/ B.Bill,
Gertie, Jodie Red and Su
O'Keefe
O'Brien's Event Centre,
240 Second Ave. S.

Chad Reynolds & The Sea w/ The Poets
Central Music Club,
244 First Ave. N.

Living Hour w/ Pandas in Jars
Peggy's Pub and Grill,
1403 Highland Dr. N.

IC Headband
Peggy's Pub and Grill,
1403 Highland Dr. N.

Seabiscuit's Legendary
Rhythms & Blues Revue
Somewhere Else Pub & Grill,
2005 Broadway Ave.

Sun., April 26

Acoustic Jam
Buds on Broadway,
101 Broadway Ave.

Black Series: Suite Vainik
The Basement,
204 Fourth Ave. N.

The Creeperhouse 10th Anniversary Tour w/ The Penske
Amigos Cantina,
506 Duffin Ave.

Mon., April 27

Audium Bell
Buds on Broadway,
101 Broadway Ave.

Bel Leppard
Saxatell Centre,
3515 Threlkelt Ave.

Audium Bell
Buds on Broadway,
101 Broadway Ave.

Unifred
Central Music Club,
244 First Ave. N.

Mendel Art Gallery
Unit April 26-7:10-9:30pm
Cres. E. Spring exhibitions: The
CPRN World with works by 11
Indigenous artists, 43rd an-

ART

Mendel Art Gallery
Unit April 26-7:10-9:30pm
Cres. E. Spring exhibitions: The
CPRN World with works by 11
Indigenous artists, 43rd an-



Search the Strawberry Hills by Cindy Hunter at a display at The Gallery at Art Placement

nial School Art; and the IBC Artists by Artists membership exhibition. Time and Water will work by Dee Olsen and member Terry Briggs. Check out the closing sale in the Gallery Shop. The gallery will be closed June 6.

Humboldt and District Gallery
Unit April 23 at 601 Main St., Humboldt. Ground immediately by Lindsay Arnold.

St. Thomas West Gallery
Unit April 25 at 1437 College Dr. Collective observation, the 10th annual USBCB Instruction and Conference Students' exhibition.

Peved Arts
Unit April 25 at 434 20th St. W. Video Transmission by Allison Moore. A collection of non-anime video landscapes over multiple screens.

Hue Art Supply
Unit April 26 at 1618 Lorne Ave. Photographs by Nivon Swartz.

The Gallery at Art Placement
Unit April 26 at 228 Third Ave. S. Towards the Strawberry Hills by Cindy Hunter.

Gallery on Third, Weirum
Through April 21 152 Third Ave.

show and sale. Featuring an original series of paintings by artist's edition.

St. Thomas West Gallery
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Gallery on Third, Weirum
Through April 21 152 Third Ave.

EVENTS

The Gallery at Frances Horowitz Central Library
Until May 21 at 311 28th St., E. Seattle. A Geography of Metaphor by Ken Gulagemo

Contra East Galleries
Until May 24 at The Centre Display by the Contra Galleries in the Royal Gallery display by Art for Life in the Jada Gallery, display by the Bridge City Artists in the Amber Gallery, display by the Sexual Assault Centre in the Donna Gallery, photography by Imagery in The Crimson Gallery, and display by the Saskatoon Public Schools in the Marguerite and Ingrid Galleries

Handmade House Showcases
Until May 30 at 710 Broadway Ave. Prairie Elemental, a show of films art by Cindy Koppke.

Green Ark Cultural Home
Until July 3 at 2040 Lorne Ave. Eschere is the last Finding Franklin's Shoe. A travelling exhibition that uses artifacts, images, audio-visual presentations and art.

Newman Development Museum
Until July 3 at 2040 Lorne Ave. Eschere is the last Finding Franklin's Shoe. A travelling exhibition that uses artifacts, images, audio-visual presentations and art.

* FAMILY

Don Mackenzie All-Star Football Camp
April 23 at the Saskatoon Soccer Centre, 750 Neilson Rd. For ages seven to 16. Learn from current football players. Tickets at soccer.com.

Play and Play
Tuesday, Wednesday and Thursday, 9:30 a.m. to 11:05 a.m. through April for children to age five. Games, stories, toys, activities. Email playandplay@seattlechildrens.org or visit the Facebook page.

Alphabet Soup in Motion
Wednesday until April 27, 9:30 a.m. to 11:00 a.m. at Albert Community Centre, 610 Clouston Ave. Presented by Catherine Creek Urban. A free family program for parents with preschoolers. Stories, activities and parent discussion follow. Registration required as space is limited.



A free chance to view the team of the CR at the Don Mackenzie All-Star Football camp April 23 at the Saskatoon Soccer Centre. Tickets available at seattlechildrens.org.

Register at seattlechildrens.org, 800-453-5443

Stairs and Strollers
Wednesday, 1 p.m. at Central Cinema in The Centre. Chalk of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

Life Climbs and Play
Daily, 10 a.m. to 6 p.m. in day 4 of 6 at Southside Way 30. W in Women's Saskatchewan's newest indoor playground. For children up to age 12. Visit playclimbsandplay.com or their Facebook page.

Fan Factory Indoor Playground
Daily at 1530C Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre
Daily at Lower Heights Park. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre
Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Seaside Indoor Playground
Thursday, 9:30 a.m. to 11:30 a.m. through May, at Emmanuel Baptist Church, 1636

Alexis Dr. Wernick supervised playground for kids up to age five. A bounce house and toys for kids, designated infant play area, coffee bar for parents. Registration on-site. Information at seattlechildrens.org or their Facebook page.

Pop in a Play
Thursday until May 21, 9:30 a.m. to 11:00 a.m. at Bridge Alliance Church, 310 Penchance Ave. For children and their parents. Montessori, learning centres, snacks and seasonal speakers. Information at bridgealliance.ca.

Breastfeeding Cafe
Thursday, 10 a.m. to 11:30 a.m. at Westside Primary Health Centre, 2311 Fung St. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a breastfeeding presentation, and there is an interaction with the other mothers.

Stories for Mommies
Thursday, 1 p.m. at Rainbow Cinema in The Centre. An informal storytime session with related sound, sleep, lullabies, bedtime stories and stroller parking.

LUU Saskatoon Evening Series Meeting
The last Friday of each month through April, 6:30 p.m. at 1010 Forest Dr. The topic is The Advantages of co-sleeping to Mother and Baby. All women interested in breastfeeding are welcome. Kids and partners are also welcome. Call 306-655-4903 or email luusaskatoon@gmail.com.

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EVENTS

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:30 a.m., and on Saturdays, 10 a.m. to 11:30 a.m., at Yoga Lila, 3-15 Third Ave. 5 Classes taught by Nina Zetti. For parents and their toddlers ages one to five, introduce your toddler to the world of yoga. Child-friendly postures, games, meditation, movement, play and song. Classes are \$6 weekly. Register at ninefromwithyoga@gmail.com, 336-305-8552

Shoe-in-Sitrol

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power walking, body-sculpting moves using exercise tubing and a socializing session for parents and babies. Instructor at ninefromwithyoga@gmail.com. No classes on school holidays.

Baby Talk at SPL

Fridays, 10:30 a.m., at Arise Turner Middle, Mondays, 10:30 a.m., at Caryn King Church and 55 Wood Street, and 10:30 a.m. to 11:30 a.m. at Wright Church. Half-hour singing and games, then mingle with other parents.

Kid Yoga Classes

11:30 a.m. to 12:30 p.m. on Saturdays, 11:30 a.m. to 12:30 p.m.: home-schooled ages five to 12; Mondays, 10:15 a.m. to 11 a.m., at Yoga Lila, 3-15 Third Ave. 5 Classes are taught by Nina Zetti. Helps kids regulate emotions, build focus, relaxation, self-awareness and inner fulfillment. Physically helps with posture, breathing, flexibility, coordination and body awareness. Classes are \$6 weekly. Register at ninefromwithyoga@gmail.com

Preschool Partner Workout Yoga for Children

Saturdays, 9 a.m. to 9:45 a.m., at Beth Shalom, 248 Third Ave. S. Instructed by Nina Zetti. Learn various tools and techniques to help you through labor and delivery. No previous yoga experience is required. Classes are \$6 weekly. Register at ninefromwithyoga@gmail.com, 336-305-8552.

Eighth Grade Annual Outdoor Singing Fest

April 27, 9:30 a.m. to 9:30 p.m., and April 28, 9 a.m. to 11 p.m., at First Island Park. A children's commitment safe. Consign

items or sign up for items you need for your children. Admission by Saksation Food Bank donation at the door. Information at saksation.com, outdoorcampus.com.

Growing Buddies

April 25, 10 a.m. to 11:30 a.m., at Mesa Verde Center, 402 Third Ave. S. Make your own press growing buddy. Plant press buds in a special seal and decorate to give your friend a special personality. A drop-in class for all ages.

Free Family Fun

Sundays, 2 p.m. to 4 p.m., at the Mandal Art Gallery, 550 Soledad Cres. S. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Activities are provided April 14. Email art@mandalart.com for event info for Earth Day.

Mom and Baby Yoga

Mondays, 11:55 a.m. to 12:30 p.m., at Yoga Lila, 3-15 Third Ave. 5 Classes taught by Nina Zetti. For mothers with babies as young as six weeks. Topics include how to hold your baby, learn relaxation and transition tools and explain birth-week classes over six weeks. Register at ninefromwithyoga@gmail.com

Preschool Yoga

Mondays, 12 p.m. to 1 p.m., at Mesa Verde Center, 402 Third Ave. S. Beginner to intermediate class designed for kids with postpartum recovery. Daily Friday class with a certified yoga teacher available for four weeks to two years postpartum. Register at ninefromwithyoga@gmail.com

Canine Self Source (C4S) Spring Series

Mondays, 1:30 p.m., at the Creation Light Source, 460 Innovation Blvd. The synchrotron research facility is open for the public. Registration is required. The synchrotron research facility is open for the public. Registration is required. The synchrotron research facility is open for the public. Registration is required.

Preschool Yoga

Mondays, 9 a.m. to 9:45 p.m., at Presbyterian and Methodist Health Center, 248 Third Ave. S. Taught by a doctor and certified yoga teacher. Information and safe for all ages in pregnancy. Call 336-321-9443.

or email maripacific@gmail.com. No class on school holidays.

Playgroup

Monthly and seasonal events. Hosted by Phoenix Parents Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages five to five, but all ages welcome. Information on their Facebook page.

Pre-school Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Valley Children's, 3130 Clifton St. S. For children ages three to five in the Circle of Trees. Call 306-955-1672.

Engineering for Kids

Children ages four to 10 can learn about technology and how things really work. Activities include building, drawing, painting, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids@nashvalley.com or 336-878-6885.

BRICKS & KIDS' Seesawton

Regular after-school program for preschoolers and young campers for kids of all ages. Activities include building, drawing, painting, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids@nashvalley.com or 336-878-6885.

Seesawton Public Library Programs

Children's programs for children and families. Find the calendar at seesawtonlibrary.org/calendar.

SPECIAL EVENTS

Seesawton Farmers' Market

Open year-round. Wednesdays and Saturdays, 10 a.m. to 5 p.m., and Saturdays, 10 a.m. to 2 p.m., farmers are in abundance. Tuesday to Friday, 10 a.m. to 5 p.m., and Saturdays and Sundays during market hours, food services and specialty products are available. Information at saksation.com or 336-321-9443.

Bargain Restaurant Store

Mondays, 10:30 a.m. to 5 p.m., at 55 N. Paul's United Church, 434 E. 1st Ave. S. Clothing for babies, children, men and women, and jewelry. Funds raised support the Lighthouse project.



Catch all the action of the Heron Glider boats April 20, 2 p.m., at Star N'Coast. Images Photo by LISA M. HARRIS

Mayfair Carpet Bowling

Wednesdays, 1:30 p.m., at Mayfair United Church, beginning and experienced players. Free and information call 336-851-2051.

Nature Nurture & Variety Show Fundraiser

April 22, 7:30 p.m., at the United Congregation of Seesawton, 313 Second St. S. A variety show fundraiser for Seesawton United Church Wildlife Rehabilitation. With a focus on human connections with nature. Featuring local poets, singers, musicians and dancers. Tickets at the door.

SPFC Danzas

Thursdays, 7 p.m., in room 13 at Albert Community Centre, 815 Clarence Ave. S. Seesawton International Folk Dance Club. Learn dances from many countries around the world. Free night is free. Visit seesawtondance.com

The Brass and the Budy

Making Connections in Understanding Contemporary Movement. Thursdays, 10 a.m. to 11:30 a.m., at First Free Baptist Church, 225 2nd St. N. Hosted by the First Free Baptist Church. Free community dance workshops for ages 7 and up. Instructors are Graham McKelvie and Jackie Lubchansky. Donor.

Seaside Station and Earth Brothers

April 23, 6 p.m. to 9 p.m., at 51457, 100 Highway Dr. N.

What you need to know to plan your week.

Send events and photos to bridges@thestarphoenix.com

Local chefs prepare a meal

for participants, and assist participants in making about 250 bowls of soup for women and children seeking family shelter. Registration is required. To register and see more dates visit seesawton.com.

Adult Games Painting Class

April 23-24, 6 p.m., at West Point Studio, 313 Third St. E. For ages 10 and up. A pottery-by-artist class in acrylic painting. The project is country-themed. Register at 336-321-3209.

Seesawton Danzas

Thursdays, 7 p.m., in room 13 at Albert Community Centre, 815 Clarence Ave. S. Seesawton International Folk Dance Club. Learn dances from many countries around the world. Free night is free. Visit seesawtondance.com

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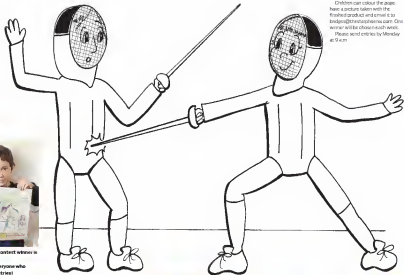
OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bdogsofthetown@staffnews.com. One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Finn Talbot. Thanks to everyone who submitted entries!

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IN THE CITY

APRIL 19, 2015 — 4:54 P.M.

Skating with a star



Cathrina Le May-Doran signs an autograph for Mikaela Scott-Hein, age 8, prior to being a guest for the Seakarbon Lions Speed Skating Club awards banquet at Arthritis Care Catholic High School on April 19. BRIDGES PHOTO BY LISA SCORABE

ON THE SCENE

2015 BADGE, SHIELD & STAR CITIZEN AWARDS

Three people were honored for their outstanding contributions to Saukatoon's emergency services at the annual Badge, Shield & Star Citizen Awards April 15 at Pleasanton Park.

Rita Field, executive director of the Saukatoon Crisis Intervention Service, received the Badge Award. Field helped develop the Police and Crisis Team (PACT), the first of its kind in the province.

The Shield Award went to Donnie Hall, who is an abnormal student retention worker with the Greater Saskatoon Catholic School Board. She partnered with the Saukatoon Fire Department and helped select appropriate students to visit the department during Take Your Kid to Work Day. Gary Fabian received the Star Award for his quick thinking when a client he was transporting via stretcher service went into cardiac arrest. Fabian, a retired firefighter, took the client to the nearby MD Ambulance where paramedics were able to revive her.

1. Michael LeClerc, Haley Lavelle, Shauna Korman and Jennifer Thieson

2. Bud Robby, Pat Richter, Margaret and Jon Smith

3. Jonathan Bouloski and Aaron Tremblay

4. Gailies, Carter Zimmerman, Denis Gagnier, Michael Tarnes, Trevor Dennis, Steven Ogunmola, Jaci Toanlan and Michaela DeMong

5. Tyler Kaban, Amy Ta, Peggy and Bob McKechny

6. Doreen and Cleveland Gower, Lisa Robson and Mike Gendrecht

7. John Campbell shows in each of the services' flags to begin the evening.

8. Mike Isale, Denis and Julie Gilbertson, Michelle Huber, Linda and Dave Piao

9. Clare and Chris Kendrick and Brian and Karen Conway

10. Peter John Campbell

11. Enfil and Diane Ballard



#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Hints for Indiana Jones
 8 The "balm of the
 Gai" oil
 11 Conical
 14 Severe insultment
 15 "His son-in-law"
 17 Title of a
 "9 to 5"
 18 Relative of a
 "weekend"
 19 PBS's 60-Second
 21 Snuff with a capital
 22 Insurance co. that
 provided a \$500,000
 benefit
 23 Research center. Abbr.
 24 Cable-casting books
 27 Movie slogan
 28 Letter after phi
 30 Uncluttered
 32 Overheated police
 officer's request
 34 Meats, butter and sa-
 sons
 36 Start for some act
 40 End rider of old
 41 What makes a cat
 "meow?"
 42 Gender of coffee-table
 artist
 44 Real estate reference
 45 Cut into planks, sea
 46 or "thought"
 47 Roman road/cave
 art
 51 Abundant in modern
 airlines
 54 Elder's honor a
 promise
 57 "Get lost!"
 58 See 46
 60 Where to find the
 ends of the 36- and
 54-Across
 61 "I'm free!"
 62 Carve(s)
 63 For number
- 44 Hailin' Garfield —
 Coyote
 50 Grip enhancer
 52 Black house
 57 Tights, a hot tub/dish
 for one
 58 Excitation on a
 sleigh when he
 60 End of top/bottom
 on N. detour
 61 Deer's bark
 62 Two baby bats or
 Ashley
 63 Peak
 64 On seasonal
 66 Comic who said "The
 media will never allow
 me to fall. The media
 is ever so reluctant
 to fall!"
- 30 Of back and enjoy it
 34 Insults, drastically
 35 That's a super crazy!
 36 Rehearse
 37 Ignored Jesus
 38 Most used to make pol
 39 February production
 target
 40 "You got it best that
 word!"
 42 What a ship's via, as
 connected to
 43 Connect-the-dots
 lesson?
 45 Subtle attention-
 getter
 47 Bawdy Hollywood
 48 Get by visual
 49 For a while
- 44 Something to get on
 before a dinner
 48 Output from a
 show/studio
 49 Oblique verse
 47 Viceroy to Hawaiian
 50 Steel master of the
 Pacific Northwest
 51 Canadian boat
 52 A long, long line
 53 Apple's piggy
 54 N.B.A. coach/sports
 55 With the swiftness of
 56 Response from a
 rubber stamp

PUZZLE BY TACTICAL POLICE

DOWN

- 1 Fill reverts in an
 event
 2 "Iron Man" for one
 3 Personality performer

JANRIC
CLASSIC
SUDOKU

Level 5 Silver

Fill in the blanks only
 using numbers 1 to 9.
 Each number can only
 appear once in each
 row, column and 3x3
 block. Use logic and
 process of elimination
 to solve the puzzle.

The difficulty level
 ranges from Bronze
 (easiest) to Silver
 to Gold (hardest).



Solution to the
 crossword puzzle and
 the Sudoku can be
 found on Page 19

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GARDENING

GARDENING IN SASKATCHEWAN

The best saskatoon berry varieties for your garden

By Sara Williams

David Thompson, an early Canadian explorer, wrote one of the first descriptions of the much loved saskatoon berry in 1794.

"On the great plains there is a shrub bearing a very sweet berry of a dark blue color, much sought after. Great quantities are dried by the natives, in this state the berries are sweet as the best currants. The wood is preferred for their arrows and bows as it is strongly pliant and unelastic. It ought to be cultivated in England and Canada."

Early settlers quickly adopted the berries for use in jams, jellies, preserves, pies and wines. By the turn of the last century, pioneers were transplanting saskatoons from the wild to their prairie homesteads. And it's not just for food production. Saskatoons have valuable ornamental features thanks to early spring flowers coupled with fall colours ranging from yellow to orange and the occasional purple.

About all saskatoon cultivars are superior selections from the wild, surviving winter temperatures of -30 C or lower. They have a wide geographic distribution and are highly variable in terms of height (one to seven metres), flowering time (early May to early June), fruit size, taste, ripening uniformity, yield and suckering (vigorous). — Ideal for commercial growers, farms and nurseries, or stay put — more suited to a small urban lot.

Saskatoon berry leaves are odd to curdle and singly toothed. Attractive clusters of white flowers are produced before the leaves are fully unfurled. Once open, the flowers are small and developing fruit can be injured by light frosts (about 5 C). Saskatoons are self-fertile and do not require cross-pollination from a different cultivar for fruit production. The berries ripen in late July to six to eight weeks after flowering. Plants begin to bear fruit at three to five years of age, continuing



Saskatoon berries are ripe for picking when they turn a deep blue to purple colour. PHOTO COURTESY MESA44

into full production by eight years. With proper care, they will continue fruiting until 30 to 50 years old.

The following are descriptions of just a few of the available cultivars.

HONEYWOOD

Flowers later than most cultivars, generally avoiding frost damage. It has large fruit (13-15 mm) in clusters of up to 15 berries with a mild flavour, ripening over three weeks. It's very productive beginning at an early age. The plants are 2.5 m tall and wide with spreading branches and moderate suckering.

THIESSEN

Flowers early, making it more susceptible to frost damage. The

large berries (12 mm) have good flavour. It is very productive and the fruit ripens over a long period. The plant is 4 m tall x 2 m wide with a rounded form.

MARTIN

A heavy producer with large fruit (10-15 mm) of excellent flavour that ripens uniformly. The plants are 2 m tall x 2 m wide with a compact form.

NORTHLINE

Flowers and fruits a bit later than other cultivars. The berries are 16 mm, full flavoured, sweet and very productive from an early age. They ripen at the same time. The plants are 1.5-2 m tall x 1.5 m wide, upright and slightly spreading and suckers freely.



Pretty clusters of white flowers on saskatoon berry bushes in the spring. PHOTO COURTESY DICK NEUBER, A NATIVE PLANT SOCIETY OF SASKATCHEWAN



Saskatoon berries with whipped cream is a classic Saskatchewan dish. PHOTO COURTESY DICK NEUBER

SMOBY

Probably the most common commercially grown cultivar in Canada. It flowers late enough to usually avoid damage by spring frosts. The berries are 14 mm, fleshy, round, sweet and red in colour and clusters. It is very productive with consistent annual production. The plant is 3 m tall x 3 m wide upright and spreading with a suckering habit.

Next week: Caring for saskatoon berry bushes

Sara Williams is the author of the newly revised *Growing the Prairie Xeriscape* and the *Saskatoon Foray: Rhoeo Park & Zoo*. A *Photographic History: Sara will be hosting a garden tour in Ireland in September*. For more information, call Sara at 1-855-775-2122.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca), hortemag@yabou.com. Check out our Bulletin board or sidebar for upcoming garden information events.

WINE WORLD

BASKATCHEWAN WINE SCENE

Adding bubbles makes any occasion a celebration

By James Romanow

About a month ago, I was introduced to a fine red wine by Bill Barnes at Monie in Saskatoon. Bill runs his wine list the same way he runs his restaurant, with understated class. I asked him where he got the wine or he was not at all about special ordering wines. I was shocked to discover this was in the SLGA program list, and I had somehow overlooked it.

You can get it at your corner SLGA, and you can ask for dominos! Monie's, the lounge in Redvers, stock the stuff. If they don't stock it, they're missing a bet.

Sparkling wine is a great food accompaniment, going with pretty much everything. Right now, Lanson wines are popping up everywhere, thanks to their big list. They are really sticky and so great to drink. And, of course, the addition of a few bubbles makes any occasion something to celebrate.

Prosecco is a light, thoroughly drinkable sparkling wine with a focus on completely different from Champagne. Domestically, Lanson wine depends on the vintage for the core flavor. (You can also find Cuvée de Lanson which uses the more familiar chardonnay and pinot blanc.)

Traditionally, sparkling wine is small and taste almost like cider. Most of this stronger flavor set has been mimicked by others.



wise making. However, it is fun to try to find the sort of a fresh cut from that many people taste in the wine.

The palate still has traces of apple, but these days it's a little more floral, too with a very fresh, almost lemony, pine, and a quiet hint of balsam in the finish.

Presser: Bill Barnes at Monie in Saskatoon 2012 \$21.99

More wine to Monday's paper and on Twitter @Orbicon.

Crossword/Sudoku answers

FEDORAS	USC	QPS
KPTSD	SPILLITY	
DIVISOR	MONOSKI	
CARTOON	QUEEN	
IN	AG	INST
AWLS	ISLETS	
CRI	TIDY	BACKUP
DOMESTIC	WORKERS	
CANVAS	HOBBIES	
ALAN	PLAT	
SARIN	BOI	MHO
PREDATOR	MONOPOLY	
RENEGED	AMSCRAY	
ANDREAS	BEEHIVE	
YAY	SLV	STROKES

2	6	4	3	5	9	7	8	1
7	3	8	6	2	1	9	5	4
5	1	9	4	8	7	6	2	3
1	4	3	2	9	5	8	6	7
8	2	6	7	1	4	5	3	9
9	5	7	8	3	6	4	1	2
3	7	5	9	6	2	1	4	8
6	9	2	1	4	8	3	7	5
4	8	1	5	7	3	2	9	6

Nuts About Nature At Beaver Creek Conservation Area



Hi! I'm Chip. My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
Where do the pelicans go in the winter? Do they fly south?
Lulu

Dear Lulu,
Pelicans begin their long journey south in late September and early October when other animals are getting ready to hibernate and you humans are pulling out your winter coats. They migrate to warmer coastal areas, southern North America, the Gulf of Mexico and as far as Central America. That is a distance of 4,000 km or, in more human terms, the equivalent of driving 130 times around the City of Saskatoon! Now, pelicans don't do this long journey in one long flight. Instead, large groups of pelicans will stop along the way to rest and catch some much needed food in the lakes and waterways along their flight path. When their journey is complete they relax in warm coastal bays, estuaries, and sloughs where there are lots of shallow waters for feeding and sandbars for catching some sun. But, every year the pelicans return to Saskatchewan to breed and raise our local ducklings from the river, fresh fish. Keep your eyes to the skies because our pelican friends should be returning anytime now!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip
Yellow Lanes Avenue South
c/o the Highway 904
Nelson, BC V1L 6K1
Nelson, BC V1L 6K1
Nelson, BC V1L 6K1
Nelson, BC V1L 6K1



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WARNING

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